

MARTIN FITCH C A T E R I N G

A CORPORATE ESSENTIALS COMPANY

Seasonal Workplace Menu

Locally Sourced Ingredients.
Thoughtfully Curated Selections.

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MARTIN + FITCH

C A T E R I N G

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Sample Seasonal Lunch Menus (pages 1 - 5)

Each daily sample menu consists of the types of meals you can expect to see with Martin + Fitch. Each menu follows a common theme to ensure consistent pairings, and cater to the complex dietary needs of your team. Menus will change daily and seasonally to include authentic flavors from a variety of cuisines using the freshest ingredients available through local sources.

Spring in the Mediterranean (page 6)

Enjoy the taste of spring with a Mediterranean lunch spread thoughtfully prepared with fresh and simple ingredients. From chicken shawarma and savory spanakopita, to grilled flatbreads with hummus and orange cardamom cookies, you will feel like you've entered into a seasonal paradise.

Sandwich Lunch Menu (pages 7 - 8)

The sandwich lunch menu allows your office to offer selected sandwich options paired with gourmet sides. Choose from options that suit your team's flavor preferences and dietary needs.

A La Carte Sandwiches (page 9 - 10)

This is a great option if a large variety of sandwiches is not needed. Choose from exceptionally paired meat and vegetarian sandwich varieties.

Entrée Salads (page 11)

These individual salad lunches have exciting flavor combinations and are made with the freshest seasonal vegetables.

Box Lunches (pages 12 - 13)

The traditional boxed lunch you enjoyed as a kid just got a gourmet update. This is the perfect catering option for on-the-go employees, and are great to hand out during meetings or to stock the fridge with as an everyday lunch option. Each box lunch includes a sandwich or protein, side salad made from seasonal vegetables, a cookie, and utensils.

Drop Boxes (pages 14 - 15)

Drop boxes are an ideal option to serve during meetings, impromptu lunches, office happy hour, or even cocktail parties and networking events. Enjoy appetizer foods, sandwiches and desserts in customizable sizes dependent on the number of people to be served. Drop boxes are delivered in disposable wooden boxes that double as serving trays and include utensils.

SAMPLE SEASONAL LUNCH MENUS

SAMPLE MENU, DAY 1

Chicken Milanese

Vegan Lasagna with House Made Cashew Ricotta



Barley with Kale Pesto, Asparagus + Peas



Roasted Tri-Colored Spring Carrots with Harissa,
Yogurt + Mint



Green + Yellow Beans with Walnuts + Sundried
Tomato Vinaigrette



Purple Watercress + Radish Salad



Lemon Chiffon Cupcakes



SAMPLE MENU, DAY 2

BBQ Chicken + Ribs



Wild Mushroom Burgers on Whole Grain Buns
with Guacamole



Spicy Roast Fingerling Potato Salad



Corn + Avocado Salad with Cilantro



Heirloom Tomatoes with Greens Goddess Dressing +
Corn Bread Croutons



Little Gems Salad with Goat Cheese, Radishes +
Crispy Shallots



Peanut Butter Brownies



SAMPLE MENU, DAY 3

Grilled Chicken over Charred Asparagus with
Preserved Lemon Vinaigrette



Raw Wraps with Julienne Vegetables, Mango + Almond Miso Spread



Quinoa with Baby Vegetables + Tarragon



Roasted Ratatouille with Olives + Basil



Watermelon, Goat Cheese + Mint



Black Kale Panzanella Salad



Strawberry Brown Butter Bars



SAMPLE MENU, DAY 4

Carne Asada + Chicken Tacos with All the Fixings



Wild Mushroom Enchiladas



Cilantro Rice



Black Bean + Avocado Salad



Gluten Free **Vegetarian** **Vegan** **Contains Dairy** **Contains Nuts**

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Sugar Snap Peas with Corn + Roasted Peppers



Mexican Chopped Salad



Cinnamon Cashew Blondies



SAMPLE MENU, DAY 5

French Roasted Chicken Salad with Potatoes + Green Beans



Artichoke Tarts



Barley with Pesto + Peas



Beets + Grapefruit Salad



Herb Grilled Asparagus



Kale Salad with Currants, Pine Nuts + Parmesan



Salted Honey Bars



Gluten Free **Vegetarian** **Vegan** **Contains Dairy** **Contains Nuts**

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SAMPLE MENU, DAY 6

Grilled Shrimp with Cucumber, Artichoke +
Dill Vinaigrette



White Beans with Spinach + Roasted Tomatoes



Orzo with Grilled Vegetables



Asparagus with Rosemary + Wild Mushrooms



Watermelon, Orange + Feta Salad



Arugula, Fennel + Parmesan Salad with
Lemon Vinaigrette



Hummus, Tzatziki + Grilled Pita



Lemon Bars



6 SPRING IN THE MEDITERRANEAN

CHOOSE 1 ENTREE:

- Chicken Shawarma with Charred Onions **GF**
- Grilled Chicken with Kalamata Onions, Peppers + Fresh Oregano **GF**
- Beef Kebabs **GF** with Tzatziki **V D**
- Vegetarian Moussaka **V D**
- Greek Meatballs **D**

CHOOSE 2 SIDES:

- Greek Salad **GF V D**
- Lemon Orzo with Parmesan + Peas **V D**
- Tabbouleh **VG**
- Mediterranean Couscous **VG**
- Roasted Ratatouille with Basil **GF VG**
- Spanakopita **V D**

SERVED WITH:

- Grilled Flatbread **VG**, Hummus **GF VG** + Orange Cardamom Cookies **V D N**

SANDWICH LUNCH MENU

CHOOSE 2 MEAT:

- Smoked Turkey, Sliced Apple + Swiss with Mustard on Sourdough **D**
- Roast Beef on Ciabatta with Caramelized Onion, Arugula + Horseradish Mayo **D**
- Grilled Chicken, Roasted Pepper + Mozzarella on Baguette **D**
- Curried Chicken Salad Wrap **D**

CHOOSE 2 VEGETABLE:

- Chickpea + Avocado Wraps **VG**
- Grilled Vegetables, Roasted Pepper, Goat Cheese + Basil on Multigrain Bread **V D**
- Wild Mushroom Burgers on Whole Wheat Buns with Wild Mushroom Mayo **V**
- Fresh Mozzarella, Roasted Tomato, Pesto + Pickled Peppers on Italian Bread **V D N**

CHOOSE 2 SIDES:

- Wild + Brown Rice Salad with Toasted Pecans, Shiitake Mushrooms + Dried Cherries **GF VG N**
- Roasted Seasonal Squash with Mint + Toasted Pumpkin Seeds **GF VG**
- Shredded Brussel Sprouts with Feta, Pomegranate + Sunflower Seeds **GF V D**

GF Gluten Free **V** Vegetarian **VG** Vegan **D** Contains Dairy **N** Contains Nuts

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- Cauliflower with Lemon + Dijon **GF** **V** **D**
- Kale Salad with Butternut Squash, Goat Gouda, Dried Cranberries + Crispy Shallots **GF** **V** **D**

COMES WITH:

- Brownies **V** **D**

A LA CARTE SANDWICHES

MEAT

Smoked Turkey, Sliced Apple + Swiss with Mustard on Sourdough



Turkey Ruben on Rye Bread with Russian Dressing



Grilled Chicken Club Sandwich on a Brioche Bun



Roast Beef on Ciabatta with Caramelized Onion, Arugula + Horseradish Mayo



Grilled Ham + Cheddar on Potato Bread with Honey Mustard



Grilled Chicken, Roasted Pepper + Mozzarella on Baguette



Curried Chicken Salad Wrap



VEGETABLE

Herbed Cheese, Cucumber + Watercress on Health Bread



Chickpea + Avocado Wraps



Grilled Vegetables, Roasted Pepper, Goat Cheese + Basil on Multigrain Bread



Wild Mushroom Burgers on Whole Wheat Buns with Wild Mushroom Mayo



Fresh Mozzarella, Roasted Tomato, Pesto + Pickled Peppers on Italian Bread



Fresh Pita with Hummus, Tomato, Feta + Olives



ENTRÉE SALADS

Grilled Shrimp with Baby Lettuces, Fingerling Potatoes, Capers, Black Olives + Dijon Vinaigrette



Grilled Chicken with Romaine, Grilled Corn, Asparagus, Tomato + Feta with Balsamic Vinaigrette



Skirt Steak, Black Beans, Cheddar, Tomatoes, Romaine, Cucumber + Pickled Onion



Cobb Salad with Roast Chicken, Bacon, Avocado, Tomato + Blue Cheese



Faro Salad with Chickpeas, Red + Golden Beets, Sunflower Seeds + Heirloom Carrots



BOX LUNCHES

* Boxes include sandwich or protein, side salad, cookie + utensils

House Made Roast Beef with Caramelized Onion + Horseradish on Ciabatta, Barley with Seasonal Vegetables + Basil, Chocolate Chip Cookie



Roast Turkey BLT on Sourdough Bread with Tarragon Mayo, Barley with Seasonal Vegetables + Basil, Chocolate Chip Cookie



Roasted Tomato, Zucchini, Summer Squash + Herbed Goat Cheese on Whole Wheat Baguette, Barley with Seasonal Vegetables + Basil, Chocolate Chip Cookie



Wild Mushroom Burger on Whole Wheat Bun with Wild Mushroom Mayo, Barley with Seasonal Vegetables + Basil, Chocolate Chip Cookie



French Chicken Salad with Roasted Potato, Haricot Verts + Mustard Vinaigrette, Wild + Brown Rice with Red Grapes, Shiitake Mushrooms + Dried Cherries, GF Chocolate Walnut Cookie



Curried Chicken Salad with Cashews, Apple + Cilantro,
Wild + Brown Rice with Red Grapes, Shiitake Mushrooms
+ Dried Cherries, GF Chocolate Walnut Cookie



Quinoa with Broccoli, Chickpeas, Golden Beets +
Sundried Tomato, Hummus + Cucumber, Vegan
Peanut Butter Cookie



DROP BOXES

Rustic Cheese Tray with Seasonal Fruit,
Breads + Crackers VG D

Small \$125 | Large \$200

Mezze Dips + Crispy Pita Chips VG

Large \$125

Tuscan Meat Tray GF

Small \$150 | Large \$250

Seasonal Vegetables + Dip of the Day GF V D

Small \$85 | Large \$100

Seasonal Fruit GF VG

One Size \$100

Assorted Seasonal Bruschetta V D N

Large \$125

Salsa + Guacamole with Corn Chips GF VG

Large \$125

Cookies + Brownies V D N

One Size \$60

Babka Box - Chocolate, Cinnamon + Halva V D

One Size \$75

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Vegetable Sandwiches

Small \$150 | Large \$225

Choose 2:

- Fresh Mozzarella, Roasted Tomato, Pesto + Pickled Peppers on Italian Bread V D N
- Herbed Cheese, Cucumber + Watercress on Health Bread V D
- Wild Mushroom Burgers on Whole Wheat Buns with Wild Mushroom Mayo V

Meat Sandwiches

Small \$175 | Large \$275

Choose 2:

- Smoked Turkey, Sliced Apple + Swiss with Mustard on Sourdough D
- Roast Beef on Ciabatta with Caramelized Onion, Arugula + Horseradish Mayo D
- Curried Chicken Salad Wrap D

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- Small Drop Boxes feed between 10-12 people
 - One Size Drop Boxes feed between 15-20 people
 - Large Drop Boxes feed between 20-25 people
 - Drop Boxes are delivered on disposable wooden trays in a box with utensils

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